

## STRESS QUIZ

How vulnerable are you to stress?

This quiz was developed by psychologists Lyle H. Miller and Alma Dell Smith at Boston University Medical Center. Write a number in the blank at the left of each statement below, according to how much of the time each statement applies to you, based on this scale:

ALMOST ALWAYS

USUALLY

SOMETIMES

RARELY

NEVER

1

2

3

4

5

- \_\_\_1. I eat at least one hot, balanced meal a day.
- \_\_\_2. I get seven to eight hours of sleep at least four nights a week.
- \_\_\_3. I give and receive affection regularly.
- \_\_\_4. I have at least one relative within 50 miles on whom I can rely.
- \_\_\_5. I exercise to the point of perspiration at least twice a week.
- \_\_\_6. I avoid smoking.
- \_\_\_7. I have fewer than five alcoholic drinks a week.
- \_\_\_8. I am the appropriate weight for my height.
- \_\_\_9. I have an income adequate to meet basic expenses.
- \_\_\_10. I get strength from my religious beliefs.
- \_\_\_11. I regularly attend club or social activities.
- \_\_\_12. I have a network of friends and acquaintances.
- \_\_\_13. I have one or more friends to confide in about personal matters.
- \_\_\_14. I am in good health (including eyesight, hearing, and teeth.)
- \_\_\_15. I am able to speak openly about my feelings when angry or worried.
- \_\_\_16. I have regular conversations with people I live with about chores, money, and daily living issues.
- \_\_\_17. I do something fun at least once a week.
- \_\_\_18. I am able to organize my time effectively.
- \_\_\_19. I drink fewer than three cups of coffee (or soda or tea) containing caffeine a day.
- \_\_\_20. I take quiet time for myself during the day.

\_\_\_ TOTAL SCORE

(OVER)

**SCORING:**

**To get your score, add up the left column and subtract 20.**

Any number over 30 indicates a vulnerability to stress, meaning that you would benefit from incorporating “wellness” activities into your lifestyle. A score of 50-75 is considered “seriously” vulnerable, meaning that you may experience negative impact from the stressors in your life. A score of more than 75 is considered “extremely vulnerable.”

If your score is high, pick two or three “trouble spots” as indicated in the quiz, and try to think of one or two things to do to improve your score in each area. If you are unable to think of things to try, your efforts don’t seem to work, or if the stress in your life feels completely overwhelming, counseling may be helpful.

This quiz compliments of:  
Central Kansas Mental Health Center  
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Vulnerability scale from the “Stress Audit” by Lyle H. Miller, Ph. D., and Alma Dell Smith, Ph.D., Boston University Medical Center, 1986, Biobehavioral Associates